



## Civil Air Patrol Cadet Physical Fitness Test (CPFT) Score Card

*Minimum requirements are based on age, gender and achievement number.*

Cadet Name:		Date:	
Current Grade:		President's Challenge: 70th percentile	

<b>Phase IV</b> - Indicate Achievement: <input type="checkbox"/> 12. Leadership Officer <input type="checkbox"/> 13. Aerospace Ed Officer <input type="checkbox"/> 14. Operations Officer <input type="checkbox"/> 15. Logistics Officer <input type="checkbox"/> 16. Cadet Commander <input type="checkbox"/> <b>Milestone:</b> Eaker Award													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (Cm)	28	29	32	33	35	39	33	34	37	70	38	39
	P. 24 Curl Ups (60 sec)	46	48	51	52	50	49	40	41	42	42	40	39
	P.25 Push Ups (1 every 3 seconds)	27	35	36	39	40	49	18	19	19	19	21	23
	P. 26 (30 feet) Shuttle Run (seconds)	10.0	9.8	9.4	9.2	8.9	8.9	10.7	10.5	10.5	10.3	10.4	10.3
	P. 27 Mile Run (Minutes)	7:41	7:11	6:45	6:38	6:25	6:23	9:15	8:49	8:36	8:40	8:50	8:52
Indicate: <input type="checkbox"/> Pass <input type="checkbox"/> Needs to Retest CPFT Testing Officer:													